

# ABSTRACT OF THE DISCLOSURE

5 A ski system for allowing a ski to slide in forward motion and grip in backward motion for a variety of people in a cost effective manner. The ski system includes a flat base member having an upper surface and a lower surface, a plurality of gripping members extending from the lower surface of the base member, and a securing structure attached to the upper surface of the base member for securing a shoe of a user. The gripping members each have a front portion having a downwardly angled structure. The gripping members each include a rear portion that extends upwardly from the lower end of the front portion towards the lower surface of the base member. The gripping members preferably have a U-shaped cross sectional shape. The front portion of the gripping members are for gliding upon a snow surface allowing forward movement and the rear portion is for engaging the snow surface for preventing rearward movement.